

Clean Out Your Cabinet

What is Clean Out Your Cabinet?

The purpose of the Clean Out Your Cabinet campaign is to bring about awareness of the growing misuse of prescription and non-prescription drugs. Most of these drugs are older, unused prescriptions which are left in cabinets and cupboards in our homes. Our goal is to encourage all residents of North Utah County and eventually, all citizens of the state of Utah to take action to stop this dangerous action in our communities by disposing of old medications.

Why are we being encouraged to dispose of old medications?

In a recent study by the U.S. Department of Health and Human Services, it found that Utah lead the nation in 2004 and 2005 with 6.5 percent of the population using drugs without a doctor's order. This nonmedical use of prescription drugs shows a troubling trend of prescription painkiller use. Prescription drugs, particularly those such as narcotic painkillers, are increasingly becoming targets of home invasions by individuals interested in using or distributing these types of drugs. This misuse can be destructive to the peace and safety of the residents in our community.

When will Clean Out Your Cabinet occur?

April has been designated as "Clean Out Your Cabinet Month." There isn't a specific day that you need to clean out your old prescriptions. The main point is to just go ahead and dispose of them! April serves as a great month to be reminded to clean out your cabinet of older medications (e.g., Lortab, Percodan, Percocet, and Oxycontin, etc.). Add it to your list of things to do for Spring cleaning. Once you have cleaned out your cabinet, fill in the date you cleaned it out on the other side of this sheet and place it in the front window of your home to encourage others to clean out their cabinets as well.

How do I dispose of my old medications?

Contact your pharmacy to see if they participate in a drug disposal program, and ask them if you can return any unused drugs to them for disposal. You can also bring unused drugs to any Intermountain Healthcare hospital pharmacy and they will dispose of them for you. The traditional method for disposing of unused drugs has been to flush them down the toilet. This should only be done if the accompanying patient information states it is safe to do so. For more information on drug disposal, please refer to the Federal Governments Guidelines for Disposal of Prescription Drugs by visiting www.whitehousedrugpolicy.gov/news/press07/022007.html.

Who is the driving force behind this campaign?

American Fork Hospital and members of Intermountain Healthcare's North County Community Outreach Council are sponsoring this campaign. The council is made up of community members and leaders representing local government (including mayors from six of North Utah County's cities), businesses, education and churches.

How can I get more information?

For more information about Clean Out Your Cabinet, contact Bryan Packer, Communications Consultant at American Fork Hospital at 801-855-3279 or by e-mail at bryan.packer@intermountainmail.org.



This home supports the

*Clean Out
Your Cabinet
Campaign*

We cleaned out our cabinet on

(Date)

Sponsored by: American Fork Hospital
and Intermountain Healthcare's
North County Community Outreach Council

